

BEACH YOGA

AT WEST ISLAND BEACH

ALMOST SUNRISE YOGA

Beginning the day at sunrise with nature's natural rhythm is believed to be the ultimate step in creating a stress free peaceful day. Fluid awakening movements combined with simple breathing exercises, create a focused mind and body, ready to take on the world or at least the day. No excuses - roll out of bed and join us at West Island Beach, please bring a large beach towel and your choice of yoga mat and dress in layers.

Note: do not eat 1 hour prior to class.

Ages: 16-Adult

Day: Monday

Time: 6:30-7:30am

Start Date: Session 1 - June 23rd / 4 weeks

Session 2 - July 21st / 4 weeks

Instructor: Teri Dane

Cost: \$20 per session

*FIRST FIVE ENROLLED RECEIVE A FREE YOGA MUSIC CD

ALMOST SUNSET YOGA

This new Year did you promise yourself you would catch more sunsets? Here's your chance. Few things rival the beauty of sunset over the sea. Join us on the warm sand at West Island Beach. Sleep promoting poses with calming breathing techniques and a guided relaxation along with the rolling surf are sure to inspire a blissful night's rest. Finish off with your own seaside stroll. Please bring a large beach towel, warm blanket and your choice of yoga mat.

Note: do not eat 1 hour prior to class.

Ages: 16-Adult

Day: Friday

Time: 7-8:15pm

Start Date: Session 1 - June 27th / 4 weeks (no class on July 4th)

Session 2 - August 1st / 4 weeks (no class on August 22nd)

Instructor: Teri Dane

Cost: \$20 per session

*FIRST FIVE ENROLLED RECEIVE A FREE LAVENDER RELAXING EYE PILLOW.



Teri Dane, RYT, FI, WMC., owner of Karma Body Shop fitness studio
-see karmabodyshop.com, has over 10 years experience in teaching yoga,
pilates, skiing and personal training. She combines her knowledge of the body and it's functions to create
stress-free minds and fit bodies of all ages and types
through humor, healing and healthy work.